

Davis County Senior Services (Individuals 18-54)
And
Davis County Retired and Senior Volunteer Program (RSVP) (Individuals 55+)

Volunteer Opportunities

Updated 11/21/13

- **Reading Encouragement Volunteers** listen to children read at Elementary Schools in Davis County by serving 1 to 2 hours per week under the direction of the classroom teacher. Help a child to succeed by becoming a Reading Volunteer. Days and times are flexible. Volunteers are needed from August 2013 through May 2014. Call today. **(RSVP)**
- **Happy Servers** deliver meals and smiles to home-bound individuals. Through **Meals on Wheels** volunteers deliver meals to home-bound individuals. You will be assisting MOW participants meet 1/3 of their daily nutritional needs, provide a safety check on their wellbeing, and helping them remain living independently in their home. Each shift runs 10:30 a.m. to 1:00 p.m., Monday through Friday. You select the day(s) to volunteer. You may sign up for as many or as few days as you like. There are opportunities in Clearfield, Kaysville and Bountiful. **(18-54) (RSVP)**
- **Bountiful Community Food Pantry** volunteers help collect, sort, catalog, package, and distribute food to clients. Intake volunteers collect and enter information on new clients, provide instruction on how pantry assistance is received and helps answer phones. Collection volunteers gather and sort donations for distribution. Days and hours of commitment vary. **(RSVP)**
- Volunteers **Dish It Up** at Davis Co. Senior Activity Centers. Volunteers are needed to serve **Congregate Meals** at Senior Activity Centers. Seniors receive 1/3 of their daily nutritional needs while benefiting from social interaction and activities at the Centers. Each shift runs 10:00 a.m. to 1:00 p.m., Monday through Friday. You select the day(s) to volunteer. You may sign up for as many or as few days as you like. There are opportunities to choose from throughout Davis County. Or if you have a certain skill or talent you would like to share at our senior activity centers opportunities are available for that too. **(18-54) (RSVP)**
- **Hospital Volunteers** positions are available at Davis Hospital and Medical Center and Lakeview Hospital at the information desk, in the surgery waiting area, with patient discharge, on the messenger cart or book / refreshment cart, rehabilitation unit, in the Emergency Room or gift shop and as patient escorts. Hours, days and times are flexible. **(RSVP)**
- **Antelope State Island Park** places volunteers at the Visitor Center Gift Shop, Garr Fielding Ranch, as Volunteer Curator, Volunteer Naturalists, and on trail patrol. Hours vary from 4 to 10 hours per month. **(RSVP)**
- **Friendly Visitors** help seniors at their home for an hour or two by run errands or go grocery shopping with them, participate in different hobbies that the senior has such as reading books, watching movies, go to lunch, crosswords, go for a walk, etc. If you have a certain skill or profession, such as hair stylist, or handyman, we have opportunities where these services could be donated to help a low-income, homebound senior in need. **(18-54) (RSVP)**

- Serve on the **Senior Services Advisory Council** - This group meets quarterly to advise and make recommendations to the Commission on all matters affecting adults who are 60 years and older. **(18-54)**
- Help protect, detect, and report Medicare fraud in our **Medicare Patrol Program**. This program helps seniors stay protected from Medicare fraud. **(18-54)(RSVP)**
- **Ombudsman Program** to help in local long-term care facilities monitoring the care and treatment of residents. **(18-54)(RSVP)**
- **Caregiver Support Group Facilitator** with the Alzheimer's Association lending support to families and caregivers of those affected by this disease. Training provided. **(RSVP)**
- **Yard Care Maintenance** volunteer. This can include things such as mowing, pulling weeds, and/or trimming bushes/rose bushes, shoveling snow, etc. **(18-54)**
- Trained **leaders co-facilitate** evidenced based workshops: *LIVING WELL WITH CHRONIC CONDITIONS* (Chronic Disease Self Management Program/CDSMP) or *STEPPING ON – A FALL PREVENTION PROGRAM*. Spanish speaking volunteers are also needed for this opportunity (specifically to teach CDSMP). **(18-54) (RSVP)**
- **Hospital-To-Home** for recently-discharged hospital patients to help them become the best managers of their own care which, in effect, will reduce the number of hospital readmissions. **(18-54)**
- **Breakfast for Your Brain trained Leaders**. This program is in partnership with the Alzheimer's Association in Davis County. A brief training is needed to instruct this workshop. This is a weekly volunteer opportunity as this program is ongoing. **(18-54) (RSVP)**
- Alzheimer's Association **leaders and support facilitators**. Training provided, flexible hours, throughout Davis County. Help educate and provide support to those affected by this costly disease. **(RSVP)**
- Dignity Home Health and Hospice **Volunteers** provide short-term relief and support to those caring for loved ones affected by terminal illnesses. Training provided, service time is flexible. **(RSVP)**
- Other opportunities available include **office assistant** work at the Health Department, **volunteer recruiter** for RSVP, or working with our **Environmental Health** Division.
- If you have something specific in mind that doesn't match these listings, call us! We may be able to develop a volunteer opportunity around your interests. We are open to suggestions. **(18-54) (RSVP)**